

Cathy Cullen

I became interested in running at an early age. I competed in the Manitoba Marathon relay in grade 4 and kept going from there. I was inspired by my father as well as some excellent teachers at Westgrove Elementary.

I ran track and field as well as cross country with the University of Manitoba Bisons. After I graduated, I focused on road racing; half and full marathons. I think a base of speed helped with my road racing career later in life.

Some of my most satisfying achievements are, I think placing 25th at the 2012 Chicago Marathon. It is my personal best time in the full and it was an incredible experience. Rarely do you feel strong, fast, and confident throughout an entire marathon, but in that one I did. Winning the 2007 Manitoba Marathon, as well as the 2014 Las Vegas marathon, would be a close 2nd.

My favourite road race is likely the half marathon. I like the distance as it is a bit of a faster clip, requires less recovery time than a full, and the training includes more track speed work, which I love.

I don't think I have a particularly favourite road running story. I do love stories about underdogs or people that have overcome barriers to succeed in running (or their favourite sport). I don't like hearing excuses. If you have a good attitude, strong work ethic and you love what you do, anything is possible.

My worst experience; I was in very good shape and getting ready to race a Manitoba Half Marathon. I was very goal focused and was ready to hit my target splits no matter what. It turned out to be a very hot and muggy marathon and I suffered from heat exhaustion. I made it about 9 miles until my body could physically go no further. I remember just laying in a puddle of mud feeling completely helpless!! There is a lesson in everything. I learned to listen to my body as well as to weigh environmental factors into my subsequent efforts.

My best road running times:

- 5km - 18:05
- 10km - 36:55
- 10 miler - 1:03 (ish)
- Half marathon - 1:22.14
- Full marathon - 2:52.07